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PRACTICAL SUGGESTIONS FOR FOOD CONSERVATION

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UNDER THE DIRECTION OF THE WAR COMMITTEE
URBANA

Women of Illinois: This is your chance for War Service in your Home. Serve in your trench as the boys do in theirs.

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THE PROBLEM

To save certain foods: wheat, beef, pork, fats, sugar.

To encourage a larger use of other kinds of food: fruits, vegetables, fish, fowl, game.

THE TOOLS

Changed Recipes

You have many good recipes made in the time of peace. Now these must be changed to meet war conditions. Change them by:

1. Using flour from other grains or from potatoes or peanuts, to save wheat. In Illinois, corn is the great wheat saver. Use it all you can.

2. Using vegetable fats, such as corn, cotton seed, and peanut oil, for animal fats.

3. Using corn, maple, or other sirups, honey, and dried fruits in place of sugar.

4. Using fish, fowl, and game instead of beef and pork.

Wise Buying

Wise buying is inexpensive buying! Study these rules for wise buying:

1. **Don't Begin to Save on Milk.**—Children must have it; adults ought to. Milk builds bone and muscle better than any other food.

2. **Spend at least as Much for Milk as for Meat.**—Remember that a quart of milk is equal in food value to a pound of steak. "A quart of milk a day for every child" is a good rule—easy to remember. At least try to provide a quart of milk a day for every member of the family.

3. **Spend at Least as Much for Vegetables and Fruits as for Meat and Fish.**—Fresh vegetables and fruit cannot well be sent abroad to the army; a free use of them makes your family dietary better; if purchased in season and of the sorts grown in your own locality they need not be expensive.

4. **Use Breadstuffs More or Less Freely According to Your Desire for Economy.**—The cereals and breadstuffs are usually the most economical of all foods. The Food Administration does not ask you to use less bread but less wheat in your bread.

5. **Be Sparing in the Use of Meats.**—These are usually the most expensive of the staple foods in proportion to their food value, and are not strictly necessary when a proper amount of milk is used. Meat may be decreased with less harm than any of the other foods mentioned. The amount spent for meat may decrease as the amount for milk increases.

Fewer Courses

Another kind of conservation which saves food, energy, and time is in serving fewer courses. This means less work in prepar-

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ation and service; fewer dishes to wash; more time to spend with the family. To get these good results, you must plan your meals carefully. Prepare as many two-course meals as you can. Here are some:

Vegetable soup, nut and cottage cheese loaf.
Potted hominy and beef, fruit salad.
Fish chowder, stewed prunes, spiced oatmeal cakes.

Recipes

Potted Hominy and Beef

5 cups cooked hominy
4 potatoes
2 cups carrots
1 teaspoon salt
¼ pound dried beef
2 cups milk
2 tablespoons fat
2 tablespoons flour

Melt the fat, stir in the flour, add the cold milk, and mix well. Cook until it thickens. Cut the potatoes and carrots in dice, mix all the materials in a baking dish, and bake for one hour.

Nut and Cottage Cheese Loaf

1 cup cottage cheese
1 cupt nut meats (use those locally grown)
1 cup stale bread crumbs
Juice of ½ lemon
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons chopped onion
1 tablespoon butter substitute, meat drippings or vegetable oils

Mix the cheese, ground nuts, crumbs, lemon juice, salt and pepper. Cook the onion in the fat and a little water until tender. Add to the first mixture the onion and sufficient water or meat stock to moisten. Mix well, pour into a baking dish and brown in the oven.

Fish Chowder

1 onion sliced
4 tablespoons drippings
12 potatoes, peeled and cut in small pieces
3 tablespoons flour
2 cups milk
1½ pounds fish (fresh, salted or canned)
⅛ teaspoon pepper

Cook the chopped onion with the fat for five minutes. Put fat, onion, and potatoes in kettle and cover with boiling water. Cook until vegetables are tender. Mix the three tablespoons flour with one-half cup of cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about ten minutes. Serve hot.

Choose food wisely!

Cook it carefully!

Serve it nicely!

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DEPARTMENT OF AGRICULTURE LEAFLETS

Get the leaflets, "Do you know Corn" and "Do you know Oatmeal" from the United States Department of Agriculture, Washington, D. C., or from your Food Administrator, Mr. Harry Wheeler, Conway Building, Chicago.

PLAY THE GAME

Play the game by saving wheat and fat and increasing the use of potatoes. So shall the women of Illinois greatly increase the food supply of the allies. Remember every yard of material, every pound of food you set free for the Government counts. This is not a choice; it is a duty.

America expects every woman to do her duty in the same spirit as she expects each soldier, when the command comes, to "go over the top" without turning to see if his neighbor has gone first!